



# IbogaSoul Retreat Preparation

At least one week before your Iboga journey we encourage you to begin preparation of your body, mind and spirit. The less detoxification work Iboga needs to do – enabling the medicine to move past the physical and enter the spiritual.

## Take care of your body:

- Take an electrolyte supplement daily (e.g. emergen-C, LMNT or similar)
- Supplement nightly with magnesium bisglycinate.
- Get in some physical activity – it does not have to be strenuous but it's especially great if you can out in nature
- Get good quality sleep (nightly magnesium will support)
- Eat nourishing, whole foods – including plenty of veggies & fruits
- Drink plenty of water
- Consider following a "liver support" program (like one we have shared)
  
- Avoid alcohol, caffeine, any drugs
- Avoid soda/sugary drinks
- Avoid processed foods

## Take care of your mind/spirit:

- Think about ways to stress less & relax more
- Reduce/eliminate your television, computer, and social media time
- Consider more calming solo activities such as journalling, time in nature &/or with pets
- Engage in healthy social connection
- Be more mindful about your thoughts
- Consider your intentions regarding healing on every level – mind, body & spirit



1.604.203.7333



[www.ibogasoul.com](http://www.ibogasoul.com)



[info@ibogasoul.com](mailto:info@ibogasoul.com)



# Daily Liver Tonic Recipe

A daily liver tonic can be a simple and effective way to support liver health. Here's a more basic recipe for a liver tonic that can be taken each morning:

## Ingredients:

- 1 cup of warm water
- Juice of ½ lemon (or more if desired for taste)
- 1 tablespoon of apple cider vinegar
- 1 teaspoon of raw honey (optional, for taste)
- ½ teaspoon of turmeric powder (or a small piece of fresh turmeric root)
- A pinch of black pepper (to enhance turmeric absorption)
- 1 teaspoon of grated ginger (optional, for added digestive support)

## Instructions:

1. Warm Water: Heat 1 cup of water until warm but not boiling.
2. Mix Ingredients: Add the lemon juice, apple cider vinegar, honey (if using), turmeric powder, black pepper, and ginger (if using) to the warm water.
3. Stir Well: Mix all the ingredients thoroughly until well combined.
4. Drink: Consume the tonic first thing in the morning on an empty stomach. Avoid eating for another 1 to 3 hours to assist in digestion and assimilation of the tonic.

## Benefits:

- Lemon Juice: Aids in detoxification and provides vitamin C.
- Apple Cider Vinegar: Supports digestion and liver function.
- Turmeric: Contains curcumin, which has anti-inflammatory and antioxidant properties.
- Black Pepper: Enhances the absorption of curcumin from turmeric.
- Ginger: Supports digestion and has anti-inflammatory benefits.



1.604.203.7333



[www.ibogasoul.com](http://www.ibogasoul.com)



[info@ibogasoul.com](mailto:info@ibogasoul.com)



### **Additional Tips:**

- **Fresh Ingredients:** Using fresh turmeric and ginger can enhance the tonic's effectiveness.
- **Consistency:** Drink this tonic daily for at least a week before the retreat.
- This tonic can help support liver health and prepare the body for the retreat.

### **Supplements:**

For supporting liver detoxification, several supplements are commonly recommended. Here are some of the most effective ones:

#### **1. Milk Thistle (Silymarin)**

**Benefits:** Milk thistle is renowned for its liver-protective properties. Silymarin, the active component, has antioxidant and anti-inflammatory effects and helps in liver cell regeneration.

**Dosage:** Typical doses range from 150 to 300 mg of silymarin per day, often divided into two or three doses.

#### **2. N-Acetylcysteine (NAC)**

**Benefits:** NAC helps boost levels of glutathione, a key antioxidant that supports liver detoxification and protects against oxidative stress.

**Dosage:** Standard doses are between 600 to 1,200 mg per day.

#### **3. Dandelion Root**

**Benefits:** Dandelion root is a traditional remedy that supports liver function and stimulates bile production, which aids in digestion and detoxification.

**Dosage:** Typically taken as 500 mg to 1,000 mg per day, either in capsule form or as a tea.



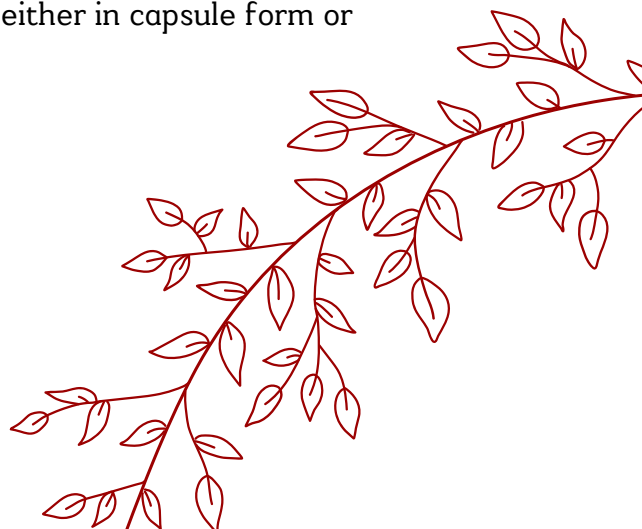
1.604.203.7333



[www.ibogasoul.com](http://www.ibogasoul.com)



[info@ibogasoul.com](mailto:info@ibogasoul.com)





## IV Nutrient Therapy might be a good idea in your normal day-to-day life:

- Even excluding ultra-processed foods, studies have shown that the nutrient levels in our foods & soil have decreased significantly.
- Even if you take a daily multivitamin, only a fraction of it is absorbed into your system.
- Data has shown up to 92% of the population is deficient in one or more vitamin or mineral.
- The human body is made of >60% water and yet many people do not drink enough water to stay properly hydrated.
- Add on top of all of this, chronic stress, gastrointestinal issues, caffeine/alcohol/other substances...

## **When embarking on an Iboga journey, IV Nutrient Therapy might be an even better idea:**

- Potassium, Magnesium & Calcium become especially important regarding cardiac function when ingesting Iboga.
- Some research papers have identified electrolyte disturbances as a cause for heart arrhythmias with Iboga & others have included electrolyte replacement as a fixed part of the treatment protocol.
- Vomiting and/or decreased oral intake can lead to dehydration which may worsen feelings of discomfort.
- Perhaps being properly hydrated and nutrient-replete even prior to taking Iboga would be beneficial.



1.604.203.7333



[www.ibogasoul.com](http://www.ibogasoul.com)



[info@ibogasoul.com](mailto:info@ibogasoul.com)





**Each IV bag will include a personalized combination of the following:**

- B-vitamins (not just B12 but the full spectrum of B vitamins)
- Vitamin C
- Potassium
- Magnesium
- Calcium
- Zinc
- Glutathione
- Essential Trace Minerals
- Essential Amino Acids

**Dosing possibilities:**

- On day of iboga ceremonies.
- On recovery days post ceremony.



**Dr. Karen L.  
DALLAS**  
Specialist Physician



1.604.203.7333



[www.ibogasoul.com](http://www.ibogasoul.com)



[info@ibogasoul.com](mailto:info@ibogasoul.com)

